[redacted]

Office Memorandum • UNITED STATES GOVERNMENT

A/B, III, 6, 13

TO : Chief, Security Research Staff

DATE: 10 May 1954

FROM : Chief, Technical Branch

SUBJECT: Attached

A C Attached herewith is a self-explanatory memorandum of [redacted] in connection with the recent work done here [redacted] I am certain the work was very profitable and as far as I can tell, [redacted] was impressed and appreciated the opportunity of working with [redacted] A C

[redacted] A

[redacted]

UNCLASSIFIED CONFIDENTIAL SECRET

ROUTING AND RECORD SHEET

INSTRUCTIONS: Officer designations should be used in the "TO" column. Under each comment a line should be drawn across sheet and each comment numbered to correspond with the number in the "TO" column. Each officer should initial (check mark insufficient) before further routing. This Routing and Record Sheet should be returned to Registry

FROM: [redacted]				TELEPHONE	NO.
					DATE 5 May 1955

TO	ROOM NO.	DATE REC'D	DATE FWD'D	OFFICER'S INITIALS	TELEPHONE	COMMENTS
1. Chief of Security					A	A/B III; 6, 16 [redacted]
2. [redacted]	A				A	
	A				A	3 to 4 of Concur in the main of the recommendations herein. Disc [redacted] done A any thing remains Accepted dismantlement A
	A				A	4 to 5 Ces of 16 June [redacted] A
	A				A	have not any dismantling done but they may this caused some with within 48 hrs with you immediately if any thing is proposed along these lines. [redacted] will not act without CO
7.						
8.						
9.					A	"ment and participation [redacted]
10.						A 16 June 55
11.						
12.						
13.						
14.						
15.						

FORM 1 MAY 54 51-10 PREVIOUS EDITIONS MAY BE USED

SECRET CONFIDENTIAL UNCLASSIFIED

(40)

[redacted] 5 May 1955 [redacted]

MEMORANDUM FOR: [redacted]

SUBJECT: Hypnotism and Covert Operations

1. I apologize for submitting a document as long as this one. The subject is highly controversial and even this treatment, which may appear long, is abbreviated.

2. Frankly, I now distrust much of what is written by academic experts on hypnotism. Partly this is because many of them appear to have generalized from a very few cases; partly because much of their cautious pessimism is contradicted by Agency experimenters; but more particularly because I personally have witnessed behavior responses which respected experts have said are impossible to obtain. In no other field have I been so conscious of the mental claustrophobia of book and lecture hall knowledge. I don't think we have enough evidence to say positively that hypnotism is a practicable covert weapon, but I do say that we'll never know whether it is or not unless we experiment in the field where we can learn what is practicable (materially and psychologically) in a way that no laboratory worker could possibly prove.

3. Even the terminology of hypnotism is in confusion. I have used terms like "suggestibility", "catalepsy" and "fascination" because they seemed to me descriptive, but these are argued to be inaccurate in current journals. As an example of the confusion, [redacted] and I spent the better part of two days arguing with an academic practitioner of formidable reputation before we discovered that his vehement and perplexing disagreement with what we knew to be facts was based on semantic hair-splitting and congealed pig-headedness.

4. If you decide that the [redacted] should pursue this subject further, I suggest that you meet with [redacted] and myself to discuss the first recommendation of the attached paper.

[redacted]

Attachment

[redacted]

Distribution:
Orig. - Addressee
1 - C/Security

[redacted]

This paper briefly describes hypnotism as it has been used in medicine, the laboratory and on the stage; some adaptations which may make it useable in covert operations; and some clandestine operational research requirements. The reader should keep in mind that we are here dealing with aspects of human behavior which do not permit mathematically exact definitions or classifications.

I. HYPNOTISM

A. What Is It?

Hypnotism is a state of exaggerated or heightened suggestibility. It is a natural mental condition which superficially resembles sleep and like sleep it can be induced by suggestion. It is characterized by extreme responsiveness to suggestion and heightened stimulation of the imagination. During hypnosis, the autonomic nervous system and the unconscious mind can be reached and, within distinct but not thoroughly understood limits, affected by an operator. Whatever degree of control can be developed is not only effective during hypnosis but, through a phenomenon known as post-hypnotic suggestion, may in favorable circumstances be extended into subsequent waking stages as well.

The process of inducing hypnosis appears to place the conscious mind in a state of suspended animation and to permit an operator to reach and affect the unconscious mind directly. In this way the conscious mind of a good subject can be affected without his being aware of how or why; for in the deepest stages of hypnosis, the subject may have

HYPNOTISM AND COVERT OPERATIONS

CONTENTS

I. HYPNOTISM

A. What Is It?
B. Who Can Be Hypnotized?
C. The Induction of Hypnosis
   1. Pre-Testing for Suggestibility
   2. Induction Procedures
      a. Verbal Suggestion
      b. Fascination Plus Verbal Suggestion
      c. Narco-Hypnosis
   3. Awakening
   4. Post-Hypnotic Suggestions
   5. Age Regression
D. Other Factors
   1. What Makes a Good Subject?
   2. What Characterizes a Good Operator?
   3. Stages of Hypnosis
   4. "Laws of Hypnotism"
   5. Can a Subject be Hypnotized Against His Will?

II. APPLICATION OF HYPNOSIS TO COVERT OPERATIONS

A. Disguised Pre-Testing
B. Disguised Induction
C. Specific Operational Situations

III. RESEARCH

IV. SUMMARY OF CONCLUSIONS

V. RECOMMENDATIONS

amnesia both for the fact of having been hypnotized and the origin of whatever new idea or impetus to action has been implanted in his unconscious mind. He simply possesses as a development of "his own free will", as far as he is aware, whatever ideas and motives have been successfully transplanted into his unconscious during the hypnotic process; though for how long and with what modifications by his own personality over long periods of time are not known.

B. Who Can Be Hypnotized?

Suggestibility is a characteristic of the normal mind and it seems possible, even likely, that all normal persons could be hypnotized if we possessed adequate techniques.

There are differences of opinion among practitioners as to the percentage of normal persons who are susceptible to the techniques now in common use. Children and youths from 7 or 8 to 18 are generally good subjects. Of adults, most medical and laboratory workers accept a figure of 1 out of 5 as capable of entering the deepest stages on the first induction.(1) This figure ignores pre-testing for susceptibility and, so far as I could determine, is derived from the use of a single favored method of induction by various experimenters.

---

1. These figures were derived from experiments using peoples of Central and Western European origin. However, hypnotism as a phenomenon - though not always under that name - has been noted in the literature of India, China, Japan, etc. There is probably little difference in susceptibility on the score of racial origin, sex or social class, although naturally induction techniques used differ according to local traditions.

Some stage operators claim 4 successes out of 5 attempts using disguised pre-testing to select good subjects and several alternative methods of induction used in rotation should one method fail.

As a working hypothesis, I believe that we need not quarrel at this time with an estimate by a professional operator with almost 30 years experience who is also familiar as a consultant with some of the operational problems of this Agency. He believes that with skilled operators, an array of induction techniques and disguised pre-testing, we should expect success with a minimum of 1 out of 2 selected subjects. With drugs, of course, the percentage should be much higher.

C. The Induction of Hypnosis

There are a large number of methods of inducing hypnosis, most of which use variations of the following general approaches.

1. Pre-Testing for Suggestibility

We are all familiar with situations in which the thought or idea of a thing or condition can evoke human responses very like those which would occur if the stimulus were "real" instead of "imaginary". For example: salivation at the sight or smell of food; fear and discomfort at the thought of being stung or bitten by a snake, spider or hornet; yawning when others do; etc.

Some people are much more susceptible to suggestions of this nature than others. Stage hypnotists have for years taken advantage of the apparent high correlation between waking suggestibility and hypnotic susceptibility to pre-test audiences before selecting subjects.

For example, one well-known stage hypnotist carries a lemon in his pocket and, as part of his introduction, says:

"Now please direct your attention towards me and towards this yellow, juicy, bitter lemon. It's such a sour, bitter lemon. I take this knife and cut through its rind. Look at the juice, that sour bitter juice dripping down to the floor. Now I'm going to suck that sour, bitter lemon juice. (Sucks it audibly) Say, it is bitter and tart! So sour! And as I suck it notice how your mouths begin to fill with saliva--how they water!"(2)

And so on. Meanwhile he is on the alert for unconscious reactions on the faces of people in the audience. The ones who screw up their faces, swallow saliva, grimace in distaste are the ones he tries to coax on the stage for progressively more intensive pre-tests of suggestibility.

This is an example of suggestion and pre-testing of the simplest sort. Obviously it is not adapted to operational use by a clandestine service, except in the unlikely event that a stage performance of hypnotism can be utilized as part of the cultivation of a potential agent. Later on this paper will be found a few pre-tests and induction procedures which utilize the same principles but which are translated into more familiar agent recruitment routines.

The point to bear in mind is that disguised pre-testing appears to be practicable and would be indispensable in the selection of good hypnotic subjects without their being aware that a test of any kind had been made.

---

2. The reader may notice some reaction on his own part to this dialogue.

2. Induction Procedures

Generally three types of induction are used: verbal suggestion alone; fascination plus verbal suggestion; and narcohypnosis.

a. Verbal Suggestion

The ability of a subject voluntarily to concentrate his attention--or, alternatively, of an operator to create a situation in which the subject concentrates without necessarily understanding the true purpose--is the determining factor in the induction of hypnosis. The prime requisite is the need of gaining a subject's attention so that his thoughts can be concentrated on one idea or along one particular channel.

In verbal suggestion, the hypnotist progresses through a series of tests which use such elementary psychological phenomena as the fact that, with his eyes closed, a standing person will lose his balance and fall forwards or backwards if the operator can persuade him through suggestion to imagine that he is precariously balanced on a plank over a chasm, in a yawing boat, or just falling. Rapidly proceeding from this demonstration of his "powers", the stage operator will then ask the subject to fix his attention on a real or imaginary spot on the wall or ceiling and keep his eyes open while he listens to what the hypnotist says. This will involve suggestions in a monotonous, rhythmic litany that the subject's

eyes are watering, his lids growing heavy, his body relaxing, drowsiness is creeping over him. Very soon--in a matter of minutes usually, of seconds on occasion--the subject will enter a "trance" -- a state which looks like sleep but during which in fact he is acutely responsive to the operator's voice and suggestions.

b. Fascination plus Verbal Suggestion

The well-known crystal-ball technique is an example, although any point of concentration will do as well: the tip of an operator's finger, a flashlight, any shiny object which concentrates the rays from a light source. The purpose of the device is so to tire the optic nerve by intense staring that the subject's natural reaction will be drowsily to close his eyes. This usually occurs in from 30 seconds to several minutes. The device of fascination is accompanied by monotone verbal suggestions by the hypnotist as described above.

c. Narco-Hypnosis

Barbiturates, acting as cortical depressants, can be used to produce hypnotic sleep even if all other methods fail. Chloroform and ether were the first narcotics used for this purpose. Now various derivatives and modifications of the phenobarbital family are used. Sodium amytal and sodium pentathol are the most commonly used brief-acting barbiturates, though others of quite different derivation show great promise and may be more adaptable to clandestine use.

The consultant referred to above, who has participated in Agency operations as a member of an Artichoke team, feels that narco-hypnosis as he knows it is not as effective as it might appear at first glance to be. He feels that the stupor which ensues does not in every case permit as deep a stage of hypnosis, is very difficult to control and, further, certain post-hypnotic phenomena, of great value in clandestine work, may be lacking.(3) On the other hand, he agrees that drug-assisted hypnosis is essential in CIA work.

3. Awakening

There is no recorded instance in which a hypnotized subject has failed to awaken. Not one subject in a hundred will "sleep" beyond the hypnotist's suggestion, "In a moment I am going to awaken you. You will feel fine, happy and cheerful. There will be no ill effects--no headache, drowsiness, stiffness or other discomfort. I am going to count to three, and at the count of three I will snap my fingers and you will be completely awake. One--you are sleeping much more lightly. Two--almost awake now. Three--(snap!)--you are wide awake!"

If for any reason a subject does not desire to awaken (usually connected with a wish to continue the pleasure and comfort of release from anxiety and worry which accompanies hypnosis, apparently), there are several other techniques to be tried.

---

3. [redacted] and some other psychiatrists do not agree, at least insofar as the therapeutic use of narco-hypnosis is concerned.

D

Should all fail, one makes the subject comfortable and leaves him alone. The hypnotic trance will of itself change to natural sleep and the subject will awaken in anything from a few minutes to a couple of hours at the most. But failure to awaken at the first suggestion to do so is quite extraordinary.

4. Post-Hypnotic Suggestions

Let us suppose that a good hypnotic subject has entered the deepest stage of hypnosis. If the operator then suggests, "After I awaken you, you will have no recollection of what has occurred. Furthermore, exactly 1 hour after you are awakened you will go to the nearest telephone and dial (any number). To whomever answers you will say (any message)," in all likelihood the subject will do just that; and extraordinarily enough within a minute or two of 1 hour. This is a post-hypnotic duggestion. If the subject after awakening remembers or is told that he has been given a post-hypnotic suggestion, what it is, and when it will become operative, he still will experience the greatest difficulty in resisting it. Almost the only way in which he can obtain release from an almost intolerable feeling of discomfort is to carry out the post-hypnotic suggestion as given him; or, alternatively, have the suggestion removed under hypnosis. For what has been created is very similar to, if not identical with a compulsion neurosis.

During a demonstration with an excellent subject who is a staff employee of Agency, the operator suggested, "Any time that anyone asks you any question the answer to which would involve a breach of security, you will immediately fall into a deep coma." After the subject was awakened, I began to question him about his background, education, where he was employed, what his duties were ("clerical"), I finally asked, "What is the combination of your office safe?" The subject's eyes rolled up, his head fell forward and he entered a deep hypnotic sleep. Naturally, other reactions than coma could have been substituted, or any other "trigger" established than that of a security question.

The application of variations of this phenomenon to the work of the clandestine services is obvious. Practically any effect which can be developed in the deepest hypnotic state can also be obtained as a post-hypnotic suggestion. Post-hypnotic suggestions reiterated during several sessions of hypnosis have been known to endure for years. The image that comes to mind is of a blackboard on which a message will endure until erased or blurred by time.

5. Age Regression

One of the most remarkable phenomena of hypnotism is the ability of an operator to regress the time sense of a deeply hypnotized subject. The recollection of circumstances which

have been completely lost to ordinary memory, and which are not recoverable in the normal state of mind, becomes possible.

For example, the writer has regressed an Agency employee to the age of 10, asked her to describe her day's doings, friends, home, etc. She answered in a child's voice and intonation. When presented with a pencil and paper and asked to write her name, she wrote in the awkward sprawl of a child. Upon being awakened, she had no recollection of what had gone on, could not remember the names of her school chums (but squealed in delighted recognition when the names she herself had reeled off five minutes before were read back to her). To all intents and purposes, she had once again been 10 years old.

The implications of age regression for covert operations may be obvious, especially in the interrogation of suspected double-agents. A skilled operator with a good subject can not only find out completely about a subject's past; he can cause the subject to re-enact a recruitment, training, briefing, etc. Perhaps less obvious is the possibility of using regression to build a new identity, and in some degree, a changed personality. The almost unbelievable recall of detail under hypnosis to an individual whose conscious mind does not "remember" makes feasible a far richer harvest of intelligence even from agents who have "given their all". Furthermore, a hypnotized person can be regressed (say) to a time when he saw a piece of equipment, a factory, an event --

and he can be caused to draw what he saw. Whether he understood its significance or not, he will reproduce accurately what he witnessed; though, of course, unless he is an artist, he will not present the operator with a creative masterpiece.

If hypnotism can be used in covert operations at all, age regression may be the hypnotic phenomenon of greatest potential value.

D. Other Factors

1. What Makes a Good Subject?

No one appears to know. The insane, the ignorant or stupid, the brilliant and erratic neurotic--these are usually regarded as poor subjects. Other than the apparent correlation between waking suggestibility and hypnotic susceptibility, little seems to be known.

2. What Characterizes a Good Operator?

Although almost anyone can be taught to hypnotize, the ideal characteristics are:

(a) In age, 35 or older.

(b) Healthy in a radiant, vital way.

(c) Dignified (prestige is important) with a good voice.

(d) Personal appeal of a kind that inspires admiration rather than warm liking.

(e) Impenetrable reserve.

(f) Calmness under pressure.

(g) A high degree of self-confidence.

(h) A physically large man, of impressive carriage, may make a better operator than a small one, other things being equal.

3. Stages of Hypnosis

A number of different classifications are in use. Some laboratory and medical workers recognize up to 50 different degrees, depending on responses. Most stage operators use five. For practical understanding, the following three seem adequate:

(a) Lethargy--a lack of facial expression, perfect passivity, eyelids heavy or quivering. The subject can open his eyes if challenged, but often fails to do so, saying that he prefers the comfort of keeping them closed. The mind is alert and the memory sharp. The breathing is like that of normal sleep. The subject will often comment on his pleasant relaxed feelings. He is alert and able to resist suggestions.

Almost every cooperating subject can be brought to this stage.

(b) Catalepsy--encompasses all of the characteristics of lethargy, but is a deeper stage. The subject cannot open his eyes. The eyeballs may turn upwards. The eyelids do not quiver. The limbs feel heavy. His breathing is slower and deeper. There is insensitivity to pain and muscular rigidity if this is suggested. Motor activity is inhibited. If the subject's arm or leg is placed in a certain position and suggestions given that he cannot move the limb, it will remain

stationary or in a state of rigidity until the suggestions are removed. After awakening, the subject has a hazy recollection (as in a dream) of some of the things that were said or done, but cannot remember clearly.

A cooperating subject who reaches the lethargic state on a first trial can usually be taught to enter the cataleptic stage in later sessions.

(c) Somnambulism. This is the deepest state of hypnosis and exhibits all of the characteristics of the cataleptic stage. There is extraordinary immobility. The subject will not move his limbs or change his position of his own violition. He can perform acts suggested to him and answer questions without awakening. When he does awake, however, he has no recollection of what occurred. He can be made to open his eyes, walk about, and exhibit every sign of being awake. In this state, it is possible to produce visual hallucinations as well as auditory, gustatory and olfactory ones. There is almost complete insensitivity to pain if anesthesia is suggested; on occasion, surgical operations have been performed without sign of distress by the patient in this state of hypnosis. Many if not all of the phenomena associated with Indian yoga derive from self-hypnotism to this stage by yogis.

It is the somnambulistic stage that the laboratory figure of 1 success out of 5 in the adult subjects refers; furthermore,

1 out of 5 reaches this stage on the first induction. With training, a fair percentage of all willing subjects may be taught to do so.

Naturally there are exceptions and unusual cases, such as when a subject in the "lethargic" stage will exhibit some behavior of the "somnambulistic" stage, or various other combinations of hypnotic responses which do not entirely fit the classifications as given.

4. "Laws of Hypnotism"

In considering the use of hypnosis as an operational tool, one should bear in mind that the laboratory or stage techniques described above exist in their present versions because there was need for them in those forms. In other words, they have no necessary standing apart from the context in which they were developed. They may or may not be suitable for clandestine purposes. On the other hand, there is considerable reason to believe that analogous techniques could be worked out for clandestine use which would achieve the same results in completely different ways. The experienced informant mentioned above gives the following "laws" or basic requirements in adapting a method of induction:

(a) The operator must give the impression of absolute confidence in his own ability.

(b) The procedure should be progressive in psychological intensity. In other words, the method of induction must proceed from simple reactions common to nearly all mankind, through more complex ones, to the point where the subject finally enters one of the degrees of trance.

(c) Whatever the procedure, the conditions and oral suggestions (which need not, of course, ever mention the word "hypnosis") must be presented to the subject in a manner and form which are acceptable and logical to him.

5. Can a Subject be Hypnotized Against His Will?

Excepting the use of drugs, the answer must be "no" if he understands what is going on.[4] However, if the question can be rewritten to read, "Can a subject be hypnotized without his knowledge?" the answer appears to be "yes" under favorable circumstances: disguised induction and a good subject.

Connected with this question is whether a hypnotized subject will do anything to violate his moral code. Can a person under deep hypnosis be made to violate a security oath or commit murder or steal? There is much disagreement over the answers to these questions. The usual answer is that he will not, unless he "unconsciously" wants to break security, commit murder, steal, etc.

4. See, however, "instantaneous" hypnosis below.

But suppose that while under hypnosis a subject is told that a loved one's life is in danger from a maniac and that the only means of rescue is to shoot a person designated as the maniac? Three expert practitioners (two from universities and the Agency consultant quoted above) say that there is no doubt on the basis of their experience that in such circumstances murder would be attempted. The only requirement is that the proposal be put "in a form and manner acceptable to the subject." Most modern authorities feel that a subject will carry out any suggestion which he can rationalize within the framework of his moral code.

(Currently, there is a murder trial in [redacted] in which the murderer has been judged to have been under hypnosis at the time of the crime. He has been retried, released and the hypnotist tried and convicted. The case is now under appeal. The comment of the three knowledgeable informants was that the hypnotist must have been a rank amateur to have been found out since any experienced operator would have known how to suggest away the fact that he had arranged the crime.)

II. APPLICATION OF HYPNOSIS TO COVERT OPERATIONS

Obviously, disguised pre-testing and induction are necessities for the use of hypnosis in clandestine operations. Without at least the second of these I am unable to see that any covert hypnotic technique

is feasible.(5) With these, a number of offensive and defensive uses are immediately apparent and others would undoubtedly suggest themselves in field operations.

A. Disguised Pre-Testing

The pre-test, of course, is for suggestibility. I can conceive of a very clever operator's working out verbal techniques which would induce unconscious reactions in a possible subject; but this would require enormous experience and a really impressive degree of skill. While this approach should not be ignored, it would be a frail foundation on which to erect a program.

However, any situation in which any kind of intelligence or psychological test is given can be converted rather easily, without the subject's knowledge, to a test of suggestibility as well. For example, the Rorshach Test (ink-blots) and the Thematic Apperception Test (TAT) both may lend themselves to disguised mass pre-testing, I am informed. Or perhaps the addition of yet another questionnaire to those given either in-coming staff employees or to refugees coming into the West could do the job.

B. Disguised Induction

To achieve hypnosis, the subject must be coaxed, frightened, or drugged into a trance. Disguised techniques may be based upon situations such as the following:

---

5. I include the use of drugs, gases, aerosols, etc. in disguised induction techniques.

1. A Medical Examination

Under the guise of taking a blood pressure reading, the subject may be coaxed into relaxation. Or a blood test may be used to administer a drug. Or an eye examination to cause the subject to follow the movements of a tiny light or to stare into a flashlight while verbal suggestions are given.

2. A Polygraph Run

I am told that a disguised induction based upon an adaption of the normal polygraph procedure would not only be ideal (because any curiousity would be soaked up by interest in the polygraph itself), but has been successfully tested in a limited way.

3. Electro-encephelograph Test

Similar to polygraph run. The subject would logically accept suggestions to relax and follow the operator's words.

4. Electro-cardiogram Test

5. Vitamin Injections, etc.

There are also at least two methods of "instantaneous induction" which are carried out so quickly that they may be used, if one is quite sure of a subject's susceptibility, on the statistically good assumption that the memory of what happened can be suggested away during the trance which ensues. Both methods require expert operators, however, since one could cause death and the other

requires vast experience, absolute assurance and a high degree of muscular coordination.

C. Specific Operational Situations

1. There is a very real possibility that hypnosis could help us gain a detailed knowledge of how the opposition is handling both their own agents and those of our people who have been captured and "brain-washed". For a hypnotized person can recall past events with astonishing clarity and detail, in many cases when he does not realize with his conscious mind that he "remembers".

Consequently, hypnotic techniques should be most useful in interrogations, whether friendly or hostile, with or without drugs, assuming that a good subject is being questioned.

"Brain-washed" people, we should understand, may not recall consciously everything that happened to them. Under hypnosis, there is a strong probability that they will do so, particularly if age regression is possible. Furthermore, if hypnotic techniques were used on them by the opposition to "brain-wash" and "brain-change" them, this fact may be learned under hypnosis and a re-conversion achieved through suggestion.

I do not feel that it is completely outside the bounds of reality that we might be able to achieve the "conversion" of a prominent Western communist if we could have access to one who was highly suggestible, if we had sufficient time. This subject

requires operational experimentation. The possibilities are not only interesting, they are frightening. A kind of double-think Orwellian world of hypnosis, while unlikely, is not utterly fantastic. One thing is clear: we really do not know within what limits "belief" may be changed by hypnosis.

Based on what I have read, I judge that the [redacted] use an elaborate conditioned-reflex procedure in their "brain-washing". Even so, hypnosis may be able on the one hand to pre-condition a subject against the pressures, or after the fact to help undo the damage.

Analogous Case #1

> One of the foremost U.S. laboratory experimenters with hypnosis on one occasion (1939) "converted" a campus atheist to a devout believer. The same operator was on the point of trying a similar experiment in reverse with a divinity student when the university authorities forbade further tests. Before the "conversion" to religion through hypnosis had been erased by negative suggestions, the subject had for over two weeks given every sign of being a dedicated religious convert. He was restored to his former disbelief. I know of no way of estimating how long the hypnotically-imposed orientation would have endured; but once implanted, of course, circumstances tended to reinforce it. Given a subject who could be converted at all, the new orientation might become permanent, the experimenter felt.

2. As part of their indoctrination procedure, CIA staff personnel might be tested for hypnotic susceptibility. Actually, it appears to be easier to hypnotize large numbers of people than a single subject, for the best subjects go "under" quickly

and help to condition others in the audience who might not, as single subjects, have been susceptible to the technique being used.

Conditioning against "brain-washing" is only one use of hypnosis on staff personnel. Morale and security purposes might be served as well. It would certainly be of considerable value to the Agency to know which of its personnel were highly suggestible in any case; for these vulnerable people could be quite easily protected by a post-hypnotic suggestion such as the following: "If anyone attempts to hypnotize you, to put you under pressure of any kind to give up security data, convert you to communism, or otherwise attempt to persuade you to go against your security oath, you will immediately fall into deep coma, and continue to do so again and again as long as the pressure is maintained;" or, "Your will to resist will become greater and greater;" etc.

While these post-hypnotic suggestions could probably be "broken" if enough time were taken, there is an excellent chance that the subject would be considered too difficult.

Analogous Case #2

During World War II, stage hypnotists were employed to entertain troops. As one part of the proceedings, audience hypnosis was used and up to 8 out of 10 persons were successfully put to "sleep". During this procedure, morale suggestions were given very successfully. After-effects were noticeable months later, in many cases.

3. Agents might be given cover-stories while under hypnosis and not only learn them faultlessly, but believe them. Every detail could be made to sink in. The conviction and apparent sincerity with which an individual will defend a false identity given as a post-hypnotic suggestion is almost unbelievable. One's memory for detail under such conditions appears to be boundless.

Analogous Case #3

> A CIA Security Office employee was hypnotized and given a false identity. She defended it hotly, denying her true name and rationalizing with conviction the possession of identity cards made out to her real self. Later, having had the false identity erased by suggestion, she was asked if she had ever heard of the name she had been defending as her own five minutes before. She thought, shook her head and said, "That's a pseudo if I ever heard one." Apparently she had a true amnesia for the entire episode.

4. Hypnosis would permit the recruitment and handling of high-level political action agents, in particular, under ideal control. Convictions could be reinforced, political courses suggested, appointments influenced--with a really good subject, only the imagination and skill of the handling operator and the inherent limitations of hypnosis as a technique would limit the possibilities.

5. Double-agents could both be discovered and used with much higher degree of assurance if hypnotic control sufficient to permit regression were operative. They could be given

suggestions which would have the force of true compulsions to tell of approaches made, targets, briefing, true identity, etc. There is also the possibility that such persons could be used under a control much stronger than any we now possess.

Examples of this kind could be continued almost indefinitely. The sine qua non is hypnotic control. Hypnosis for clandestine operations badly needs disguised pre-tests and disguised induction methods. These require operationally-oriented research.

III. RESEARCH

The difficulty with hypnotic research done in medical, laboratory or stage contexts is that techniques and results valid primarily for therapy or entertainment are obtained. Once again we are faced with the familiar problem of marrying a means developed for other purposes to the requirements of covert operations. It seems clear that the only way in which we can make hypnosis into an effective clandestine weapon--assuming that this is possible--will be by testing and experimenting under field conditions.

First, I can see no application of hypnosis to covert operations unless reasonably effective techniques of disguised induction can be worked out. The usual induction techniques require willing, even eager compliance by the subject. The requirement is for a variety of techniques built around familiar agent recruitment situations such as medical examinations, security procedures, interrogations, social meetings, etc.

Each technique before being acceptable must give a strong assurance first of inducing hypnosis, and second of keeping the subject unaware of what was being attempted whether the attempt fails or succeeds.

So the primary research requirement is for disguised induction methods, of whatever nature, with or without drugs. With even a few of these upon which we could rely, I can see that hypnosis could play an important part in certain key operations.

The next requirement in order of importance appears to me to be the working out of effective disguised pre-tests for susceptibility. The purpose of these would be to enable us to select or reject subjects with assurance. However, this is a desirable requirement but not a crucial one if we are highly successful with disguised induction. For if we have effective disguised induction we can afford to run the risk of attempting to induce hypnosis in bad subjects--as long as the subject will not recognize what was attempted.

Certainly a prime requirement is for us to know what are the inherent limitations of hypnosis as a control means. How far is it possible to go in implanting ideas or stimuli to action? Beyond what point does rebellion set in? To what extent can we trust hypnotic suggestions to produce amnesia? And a host of related questions.

Frankly, I can see no way of obtaining answers which we can trust short of trying our knowledge in true operational situations. For in the laboratory, or with completely willing and witting subjects,

how can we be certain that valid results are being gotten? No matter what conclusions are reached in situations other than truly operational ones, we must still apply these conclusions to know what we know. Headquarters and laboratory research can make a start, but the only convincing test of the utility of hypnosis in covert operations will be the pragmatic one.

Then, assuming that we have had some degree of success with these categories of research, we obviously must devote serious efforts to work out counter-measures, both to protect ourselves and to anticipate what the opposition may do to frustrate our efforts. It should be recalled that the Russians at least since Pavlov have devoted large resources to work in related fields of psychology. If hypnosis really has a potential, we may at this moment be its victims. The defensive aspect, while not emphasized in this paper, is an important one.

Finally, I think a few words must be said about using hypnosis as a covert tool should further work prove it applicable. In a concrete way, this is connected with research, for research as I conceive it in this context means imaginative and critical testing in field situations. I doubt seriously whether any responsible case officer or supervisor in the field would be willing to cooperate in an operation designed both to further his operational purposes and to provide factual field research data without witnessing a demonstration of some of the things set forth in this paper-----post-hypnotic suggestion, for example, or

age regression. (For that matter, I assume that the readers of this paper will be exceedingly skeptical of what is written here and ask to see these phenomena demonstrated.) Yet I am inclined to feel that it is only when case officers work together with a proficient hypnotist on an operation that really creative and original techniques will be developed, if at all.

At least a part of the problem of operationally-orienting research on hypnosis, then, appears to be an organizational one. Of the several ways of approaching a solution, the most persuasive to me derives from the fact that a Senior Representative or a Station Chief is ultimately responsible for operations under his command, and he will be a key figure in determining whether hypnotic techniques get a fair shake or not. My distinct impression is that field commanders either will not permit at all, or reluctantly cooperate with operations that involve new, mysterious or (to the uninitiated) occult techniques. Grudging cooperation communicates itself to the case officers and the battle is half lost.

If hypnosis has a potential in covert operations (and I feel that we must prove that it has not, rather than the reverse), I believe that the good will and open-minded cooperation of field commanders is essential. If they can be persuaded initially that hypnosis is a means that is worth a serious trial, and after it gets that trial if they are persuaded that hypnosis is useful, then it seems to me that Headquarters may be certain that such is a fact.

While I would imagine that no decision would ever be taken to use hypnosis on any large scale, it seems to follow from the reasoning above that the most practicable way of handling whatever work is done would be through assigning trained hypnotic operators to PCS duty at a very few major field stations. A team of, say, two operators at a base with whatever linguistic qualifications seemed indicated would probably be a minimum, assuming that the first tests of techniques appear promising enough to continue at all. The chain-of-command, then, would be through the field chiefs back to the area divisions at Headquarters, with whatever functional staffs seemed reasonable on Headquarters distribution for operational proposals, reports and suggestions.

If this manner of handling should be accepted, the need for Headquarters research will be in the initial working out of disguised pre-tests and induction methods, in the standardization of whatever techniques are to be tested and modified in the field, in the procurement and exploratory testing of drugs which show promise of assisting hypnosis. But I am strongly persuaded that the only effective way of utilizing whatever potential hypnosis may have in clandestine work will be by separating the operational command responsibility and the Headquarters research responsibility. The former appears to me to belong in operational channels; while the latter, however important, should not be permitted for lack of direct operational orientation to delay or stymy field applications.

IV. SUMMARY OF CONCLUSIONS

1. The aura of side-show charlatanry which envelops hypnosis should not blind us to the realities of a remarkable psychological phenomenon.

2. An estimated one out of five adults can be hypnotized to the deepest stage, somnambulism, on the first induction. With disguised pre-testing as a selecting device, a possible one out of two chosen subjects may be put into trance. Further, disguised induction techniques, if feasible, promise to provide us either with unwitting hypnotized subjects or, should an attempt fail, leave an unwitting dud behind.

3. If hypnotic control can be established over any participant in a clandestine operation, the operator will apparently have an extraordinary degree of influence, a control in order of magnitude beyond anything we have ever considered feasible.

4. Some of the induction techniques originally developed for stage, laboratory or medicine may be directly adaptable for disguised use in clandestine operations; two or three are available for field tests now (polygraph, medical examination, electro-encephalograph, etc.).

5. Research is justified (a) to discover the inherent limitations of hypnosis as a covert operation tool, (b) to develop disguised pre-tests (c) to develop disguised induction techniques, and (d) to develop counter-measures. In the opinion of the writer, no research should be authorized by CIA which is not operationally-oriented. The most

practicable method of orienting such research accurately seems to involve carrying it out in the field by applying our current knowledge to actual operations.

6. A modest operational program will be justified if disguised induction can be made to work consistently. In outline, it would include:

a. Working out standard disguised induction techniques for covert operations based on the polygraph, the electro-encephalograph and the electro-cardiagraph as a beginning.

b. Selecting four to six CIA staff employees with field experience and useful language knowledge as candidates for training only in these techniques under the direction of one professional hypnotist (who can be a consultant).

c. Applying these techniques in a continuing series of test operations at one or more field stations selected on the basis of a flexibly-minded chief willing in a positive way to support such an effort, the language abilities of the candidates, numbers of indigenous agents or potential agents being polygraphed or receiving medical examinations during which logically an electro-encephalogram or electro-cardiogram could be taken.

d. Using the rule of reason from this point forwards. The following criteria should be applied, however: (a) Would a proposed test be operationally useful if it succeeded? (b) Would it contribute to our over-all knowledge of hypnotic control and

its inherent limitations? (c) Would it help in the development or proving of a new pre-test or disguised induction? (d) In the event of a failure, would the ensuing 'flap" boomerang against the CIA either in a security or a prestige sense? (e) Would it help us to develop or overcome a counter-measure?

7. Extraordinary security for this program is indicated not only because many doctors and laymen still disbelieve the reality of hypnotic phenomena and the Agency might be made to look rather silly in the public eye for attempting to use hypnosis; but also because sure knowledge by the opposition of what we were about could lend them into effective counter-measures the nature of which we cannot now foresee.

8. We must constantly recall that we are dealing with an intricate, dynamic psychological phenomenon which appears to be intimately connected with intangibles of interpersonal relations. It would be foolish to expect consistent success in a push-button sense. By its nature, however, one successful operation involving hypnotic influence over (say) a senior official of a foreign government could richly repay us for a far larger effort than anything contemplated by the writer of this paper.

V. RECOMMENDATIONS

1. Put on a demonstration of hypnosis specifically designed to show possible application to covert operations. The following Agency officials should initially witness it to satisfy themselves that

the statements in this paper are justified: [redacted]

[redacted]

2. Authorize development in detail of the field-oriented operational program sketched above.

3. Select one [redacted] as an initial test area and designate a single individual in the operational chain-of-command as director of the program.

4. Set as a re-appraisal date either one year from the time the first team arrives in the test area or sooner if the director of the program feels that the test program has failed or is failing.